Strong. Smart. Beautiful.

ASCENT TRAINER & INCLINE ELLIPTICAL

OWNER'S MANUAL

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CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 BEFORE GETTING STARTED

It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

It is recommended that all users of Matrix Fitness Systems exercise equipment be informed of the following information prior to its use.

1.2 PROPER USAGE

- Do not use the equipment in any way other than designed or intended by the manufacturer. It is imperative that all Matrix Fitness Systems equipment is used properly to avoid injury.
- Keep hands and feet clear of moving parts at all times to avoid injury.
- Unsupervised children must be kept away from this equipment.
- Do not wear loose clothing while on equipment.

1.3 READ AND SAVE THESE INTRUCTIONS

This elliptical is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating the MATRIX elliptical.

When using an electrical product, basic precautions should always be followed including the following:

DANGER: To reduce the risk of electric shock: Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product.

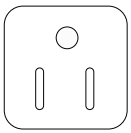
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- This product must be used for its intended purpose described in this lower case owner's manual. Do not use other attachments that are not recommend by the manufacturer. Attachments may cause injury.
- To prevent electrical shock, never drop or insert any object into any opening
- Do not remove the console covers. Service should only be done by an authorized service technician.
- Never operate the elliptical with the air opening blocked. Keep the air opening clean, free of lint and hair.
- Never operate product if it has a damaged cord or plug, if it is working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.
- Do not carry this unit by it's supply cord or use the cord as a handle.
- Keep any power cord away from heated surfaces.
- Close supervision is necessary when elliptical is used by or near children or disable persons.
- Do not use outdoors
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Connect this elliptical to a properly grounded outlet only.

CAUTION: If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

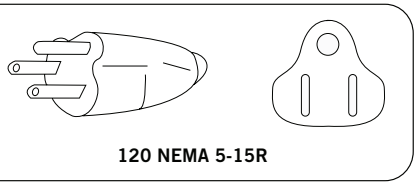
CHAPTER 1: Important Safety Instructions

1.4 ELECTRICAL REQUIREMENTS

For your safety and Ascent performance, the ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your elliptical is provided with a power cord with a plug listed below and requires the listed outlet. Any alterations of this power cord could void all warranties of this product. Multiple Ascent trainers can be powered on one dedicated circuit. (3 units per 15 Amp and 4 units per 20 Amp dedicated circuit.)



120 NEMA 5-15R



120 NEMA 5-15R

SUPPLY VOLTAGE (VAC)	FREQUENCY	RATED CURRENT (AMPS)
100	50/60 Hz	1.8
120	50/60 Hz	1.8
200	50/60 Hz	0.9
220	50/60 Hz	0.9
230	50/60 Hz	0.9
240+	50/60 Hz	0.9

1.5 DEDICATED CIRCUIT/ELECTRICAL REQUIREMENT INFO

All Matrix Ascent Trainer units require the use of a 15 amp or 20 amp "dedicated circuit," with a non-looped (isolated) neutral/ground, for the power requirement. Quite simply this means that each outlet you plug Ascent Trainers into should not have anything else running on that same circuit besides other Ascent or Incline trainers (up to 3 per 15 amp circuit and 4 per 20 amp circuit). The easiest way to verify this is to locate the main circuit breaker box, and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the Ascent/Incline trainers in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test.

Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at an approved earth ground. You cannot "jumper" a single neutral/ground from one circuit to the next.

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box, to each outlet, is 100 ft or less, then 12 gauge wire may be used. For any distance greater than 100 ft from the circuit breaker box to the outlet, 10 gauge wire must be used.

CHAPTER 2: Preventative Maintenance

2.1 RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX Ascent Trainer.

Please read and follow these tips.

- Position the equipment away from direct sunlight. The intense UV light can cause discoloration on plastics.
- Locate your equipment in an area with cool temperatures and low humidity.
- Clean with a soft 100% cotton cloth.
- Clean with soap and water or other non-ammonia based all purpose cleaners.
- Wipe foot pads, handles, heart rate grips, and handlebars clean after each use.
- Do not pour liquids directly onto your equipment. This can cause damage to the equipment and in some cases electrocution.
- Check pedal motion and stability.
- Adjust leveling feet when equipment wobbles or rocks.
- Maintain a clean area around equipment, free from dust and dirt.

2.2 CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness Systems.

MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement. 1-866-693-4863, www.matrixfitness.com

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field
if proper arrangements are made.

2.3 CARE AND MAINTENANCE INSTRUCTIONS

In order to maximize life span, and minimize down time, all MATRIX equipment requires regular cleaning, and maintenance items performed on a scheduled basis. This section contains detailed instructions on how to perform these items, the frequency of which they should be done, and a check list to sign off each time service is completed for a specific machine. Some basic tools and supplies will be necessary to perform these tasks which include (but may not be limited to):

Metric Allen wrenches
#2 Phillips head screwdriver
Adjustable wrench
Torque wrench (capability to read foot lbs, and inch lbs)
Lint free cleaning cloths
Teflon based spray lubricant
Mild, water soluble, detergent – such as "Simple Green", or other Matrix approved product
Teflon based spray lubricant such as "Super Lube", or other Matrix approved product
Vacuum cleaner w/extendable hose and crevasse tool attachment

Please find the worksheet sample for our equipment provided in this manual and make copies as needed, keeping them up to date as the required service/ maintenance items are performed. It is critical that you also log the accumulated (total) amount of miles or running hours on the equipment each time service or maintenance is performed.

You may periodically see addendums to this document, as the Matrix Technical Support Team identifies items that require specific attention, the latest version will always be available on the Matrix website, matrixfitness.com

DAILY MAINTENANCE ITEMS

1) Clean entire machine use water and mild detergent such as "Simple Green", or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).

QUARTERLY MAINTENANCE ITEMS

1) Check all connecting joint areas for tightness of bolt assemblies.

2) Ensure that there is little, or no free play at all joint assemblies once bolts have been tightened. Installation of washer kits may be required if free play does not come out from tightening bolts.

3) Remove plastic covers, and lubricate ball joint where the Link Arm and Handlebar join together. A grease gun, with a needle fitting adapter is required for this (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive).

4) Remove plastic covers, and lubricate Acme screw on left and right incline motors (Matrix recommends using Superlube brand grease with PTFE {Teflon} additive). See section 9.11 for incline motor access instructions.

2.4 PREVENTATIVE MAINTENANCE CHECKLIST

Facility: _____

MAKE:	MODEL:	S/N
LOCATION:	**TECHNICIAN:**	**DATE:**

Inspect power cords ___	Check resistance system ___	Clean/lube guide rods ___
Check E-stop cord/button ___	Lubricate pivot points ___	Inspect belt/cable assy. ___
Vacuum/clean under cover ___	Check connecting joints ___	Check locking pins ___
Check motor drive belt ___	Remove covers, check belts ___	Check pulleys ___
Check running belt ___	Check pedal & crank ___	Inspect upholstery ___
Flip/replace deck ___	Check/lube seat adjustment ___	Check/tighten hardware ___
De-wax rollers ___	Verify electronics operation ___	Lubricate Acme screw ___

Notes/comments _____

_____

MAKE:	MODEL:	S/N
LOCATION:	**TECHNICIAN:**	**DATE:**

Inspect power cords ___	Check resistance system ___	Clean/lube guide rods ___
Check E-stop cord/button ___	Lubricate pivot points ___	Inspect belt/cable assy. ___
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Check running belt ___	Check pedal & crank ___	Inspect upholstery ___
Flip/replace deck ___	Check/lube seat adjustment ___	Check/tighten hardware ___
De-wax rollers ___	Verify electronics operation ___	Lubricate Acme screw ___

Notes/comments _____

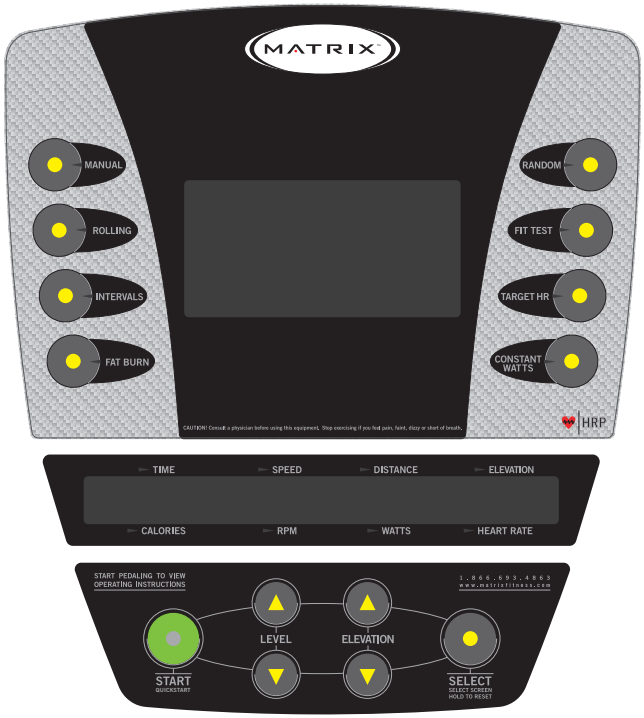
_____

CHAPTER 3: USING THE CONSOLE

3.1 CONSOLE DESCRIPTION

All programs follow the same basic steps.

- Select program key.
- Enter user information (age, weight).
- Choose workout time.
- Choose resistance level.
- Select **START**.



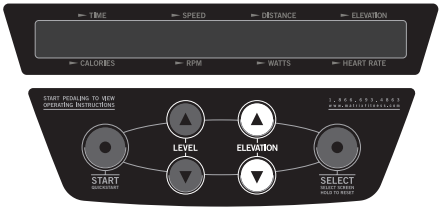
Program selection can be changed at any time during a workout. This means that the user can switch between **RANDOM**, **MANUAL** or several programs without losing accumulated workout time or data.

- However, the console must be reset before starting **FIT TEST**, **TARGET HR**, **AND CONSTANT WATTS** programs.

3.2 INCLINE FUNCTION

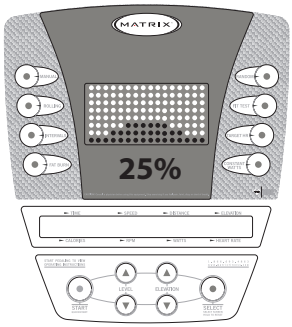
Changing the incline will produce a wide variety of challenging workouts. At 0 incline, you can expect a smooth, easy and low-impact pedal motion. At higher incline levels, longer stride and higher step-up challenge the user with a more focused glute workout.

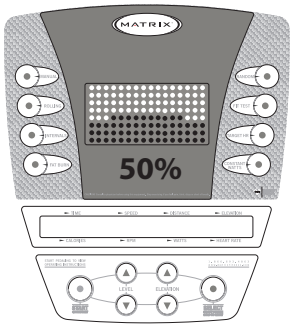
- How the incline works A5x - by pressing the **UP** elevation arrow key(inwhite) both incline arms pivot towards the rear of the machine. This increases both stride length and step on height.



- How the incline works I5x - by pressing the **UP** elevation arrow key, a incline motor located under the wheel track lifts the entire track assembly. The wheel track assembly (ramp) will change angle from 5 to 21 degrees, increasing stride length and step on height.

- Incline settings - There are 20 incline levels. One key press will change the incline in 5% increments. The console will disply 0-100, which represents total percentage of incline. LED display 25 is 25% of total incline, 50 is 50% of the total incline and so on. Upper LED changes on each key press, showing incline changes.





3.3 QUICK START

Press to immediately begin workout. Workout, resistance level and incline level will automatically go to default settings (see manager mode for default settings). QUICK START will not prompt the user for age, weight or level settings.

3.4 MANUAL

Manual allows the user to imput more information while defining their own workout. Calorie expenditure will be more accurate when inputting information in **MANUAL** than using **QUICK START**.

STEP 1: Select the **MANUAL** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **LEVEL** by using the **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

3.5 USER DEFINED PROGRAMS - ROLLING, INTERVAL, FATBURN & RANDOM

RANDOM - there are 20 workout profiles in **RANDOM** mode. Profile will change each time **RANDOM** key is pressed. Select a workout profile, follow user information prompts or press **QUICK START** key to begin.

STEP 1: Select the **PROGRAM** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **LEVEL** by using the **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

3.6 FIT TEST

FIT TEST program allows you to measure your fitness.

Follow these easy steps to enter the Fit Test Program.

STEP 1: Select the **FIT TEST** button.
Select **TEST 1** by using the **UP** or **DOWN** arrow keys.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 3: Select **GENDER** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

STEP 5: Display will read results of FIT TEST.

STEP 6: Display will read **2:00 MINUTE COOL DOWN**.
Display will show totals for time, distance, calories, speed, RPM, watts.

MEN'S OUTPUT TABLE FOR TEST #1

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2700m	2400-2700m	2200-2399M	2100-2199M	<2100M
15-16	>2800m	2500-2800m	2300-2499M	2200-2299M	<2200M
17-20	>3000m	2700-3000m	2500-2699M	2300-2499M	<2300M
20-29	>2800m	2400-2800m	2200-2399M	1600-2199M	<1600M
30-39	>2700m	2300-2700m	1900-2299M	1500-1999M	<1500M
40-49	>2500m	2100-2500m	1700-2099M	1400-1699M	<1400M
50 +	>2400m	2000-2400m	1600-1999M	1300-1599M	<1300M

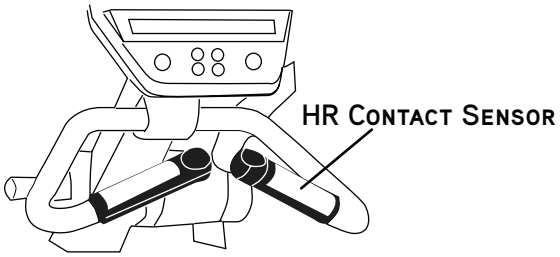
WOMEN'S OUTPUT TABLE FOR TEST #1

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2000m	1900-2000m	1600-1899M	1500-1599M	<1500M
15-16	>2100m	2000-2100m	1700-1999M	1600-1699M	<1600M
17-20	>2300m	2100-2300m	1800-2099M	1700-1799M	<1700M
20-29	>2700m	2200-2700m	1800-2199M	1500-1799M	<1500M
30-39	>2500m	2000-2500m	1700-1999M	1400-1699M	<1400M
40-49	>2300m	1900-2300m	1500-1899M	1200-1499M	<1200M
50 +	>2200m	1700-2200m	1400-1699M	100-1399M	<1100M

3.7 TARGET HR

A5x and I5x have digital contact and wireless heart rate monitoring capabilities as standard equipment.

- To use heart rate monitor, locate the metal sensors located on the fixed handlebars.



Hold the grips for a minimum of 10 seconds. Your heart rate (or HR) will display in the lower right hand corner of the alphanumeric LED.

Follow these easy steps to enter into the Heart Rate Program.

STEP 1: Select the **TARGET HR** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **PRECENT** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 5: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

Heart rate protocols.

- HR is within 10 BPM (beats per minute) of target, upper LED display will show a heart.
- HR is a greater or less than 10 BPM of target, resistance level will increase or decrease every 10 seconds.
- HR is greater than 14 BPM of target, resistance level will drop to 30%.
- HR is greater than 10 BPM of target, lower LED will display: "**WARNING HR ABOVE TARGET**
- HR is greater than 20 BPM, program immediately ends.

3.8 CONSTANT WATTS

Resistance level is set by the user and constantly changes to reflect stride speed. As stride speed (**SPM**) increases, resistance decreases while output wattage stays the same. In turn, if stride speed decreases then resistance increases.

STEP 1: Select **WATTS** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

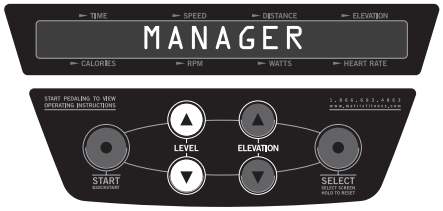
STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

CHAPTER 4: PROGRAMMING & ENGINEERING MODE

4.1 USING MANAGER MODE

- To enter manager mode, hold the **UP** and **DOWN** level keys for three seconds until "**MANAGER**" appears on the middle LED display.



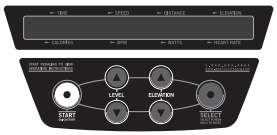
- Press the **UP** and **DOWN** elevation keys to scroll between program screens.
- Press **SELECT** to modify program setting.
- Press **UP** or **DOWN** level keys to change value.
- Press **QUICK START** to save setting.
- Press **QUICK START** again to exit manager mode.
  (example changing default time from 20:00 - 30:00 minutes).

STEP 1 Hold **LEVEL** keys.

STEP 2 Press **SELECT** key.

STEP 3 Press up **LEVEL** key.

EP 4 Press **QUICKSTART** key 3 times.



4.2 MANAGER SCREEN DESCRIPTIONS

- **P0**: **Maximum progam time** -
  Sets the total run time of any program.
- **P1**: **Default workout time** -
  Workout time when **QUICK START** is pressed or when no time is selected during program set up.
- **P2**: **Default resistance level** -
  Starting resistance when **QUICK START** is pressed or no resistance level is selected during program set up.
- **P3**: **Default user weight** -
  Weight used for program calorie expenditure calculations.
- **P4**: **Speed Units** - Display value in miles or kilometers.
- **P5**: **Machine Type** -
  Console is shared between the A5x and I5xi. A5x default setting is "**SWING**" and I5xi default setting is "**RAMP**".
- **P6**: **Console beep on / off** - Confirmation beeps can be turned on or off.
- **P7**: **Accumulated distance** - Total distance of all programs.
- **P8**: **Accumulated time** - Total accumulated program time displayed in hours.
- **P9**: **Display language** -
  Select between English, Spanish, French Italian, Dutch and German.
- **P10**: **Software version** -
  Current version of software. Refer to this when calling Matrix Technical Service.
- **P11**: **Incline calibration** -
  Default display is **OFF.** Selecting **ON** will automatically calibrate the incline motor (s) to factory settings. Use this feature when actual elevation does not match console display.
- **P12**: **Incline Reset** -
  This is a software feature that resets machine elevation to 0 degrees after 30 seconds of user inactivity. During incline reset, movement can be stopped by pressing any console key. Display will scroll "**HOLD SELECT TO RESUME**". To resume reset to 0 degrees, hold "**SELECT**"key for three seconds.
- **P13**: **Default incline level** -
  Starting incline level at each program start except FIT TEST. Factory setting is 10%. In FIT TEST, elevation is set to 0%.
- **P14**: **Error Code** -
  Console will record up to three errors. Error codes are stored permanently unless reset by a technician. To reset error codes, hold **MANUAL** and **RANDOM** keys for three seconds. Refer to these error codes when calling Matrix technical service for assistance.
- **P15**: **LCB Version** -
  Display will show LCB.VER XX YYY.
  XX is machine type.
  YYY is version number.

CODE: INFORMATION	DEFAULT	MIN	MAX
P0: **Maximum progam time** -	95 min	10	95
P1: **Default workout time** -	20 min	10	MAX
P2: **Default resistance level** -	1	1	25
P3: **Default user weight** -	150 lbs. /75 kg	80	400
P4: **Speed units** -	mi		
P5: **Machine Type** -		Swing	Ramp
P6: **Console beep on / off** -	on		
P7: **Accumulated distance** -			
P8: **Accumulated time** -			
P9: **Display language** -	English		
P10: **Software version** -			
P11: **Incline calibration** -			
P12: **Incline reset** -	on		
P13: **Default incline level** -	10	0	100
P14: **Error Code** -			

NOTE: DEFAULT TIME will update to the same as MAX TIME if MAX TIME is less than DEFAULT TIME.

4.3 ENGINEERING MODE

To enter Engineering mode, hold the **UP** and **DOWN** elevation keys for three seconds until "**MANAGER**" appears on the middle LED display. Press the **DOWN** arrow key and "**ERROR CONTROL**" will appear on middle LED display.

Error Control, Do not use this mode unless you are a qualified technician. Error control will determine if a machine is disabled once Class A or Class B errors are registered by the software.

Incline Record, log of incline motor and total program activity. This record holds the total number of hours for each program (MANUAL, ROLLING, INTERVAL, etc.) as well as incline motor activity in hours. This can be a useful tool for the club manager of trainer when reviewing machine usage.

- To enter INCLINE RECORD, press **SELECT** when **INCLINE RECORD** is displayed.
- Totals are stored permanently unless reset by a technician. To reset error codes, hold **MANUAL** and **RANDOM** keys for three seconds. Refer to accumulated hours when calling Matrix technical service for assistance. (Insert chart)

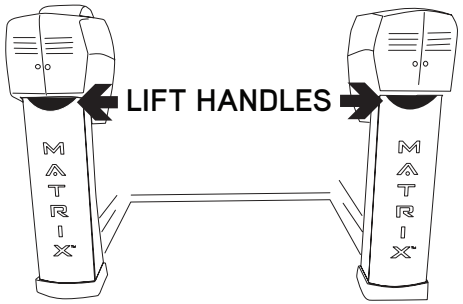
Incline Tuner, Do not use this mode unless you are qualified technician. Incline Tuner allows calibration and resetting of the incline motor range of motion.

Service 1,2,3,4 are described in the Matrix Technical Service Guide.

CHAPTER 5: MOVING THE UNIT

5.1 MX-A5x ASCENT TRAINER

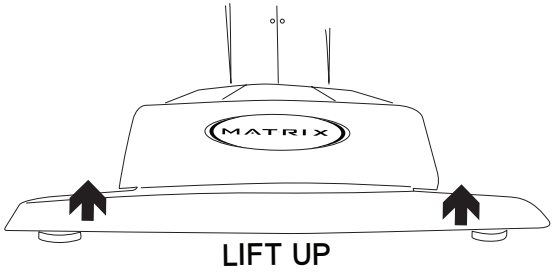
A5x - Two hand holds are located just above the MATRIX logo on the rear legs.



The A5x weights 390lbs. To avoid injury to the user and the unit, be sure to have proper assistance to move the unit.

5.2 MX-I5x INCLINE ELLIPTICAL

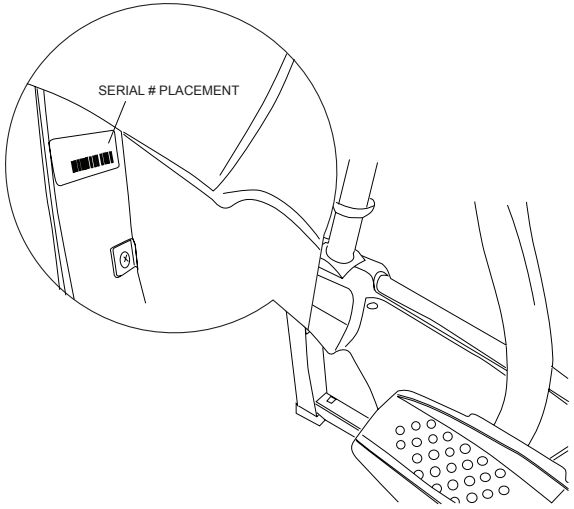
I5x - Lift from the rear stabilizer.



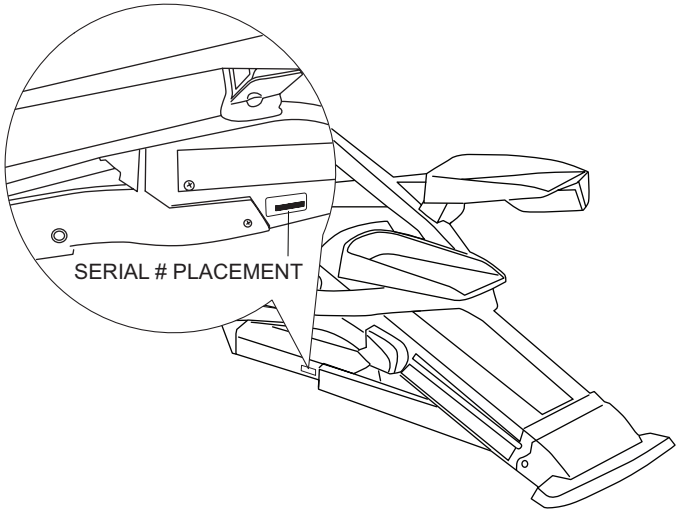
The I5x weighs 350lbs. To avoid injury to the user and the unit, be sure to have proper assistance to move the unit.

CHAPTER 6: SERIAL NUMBER LOCATION

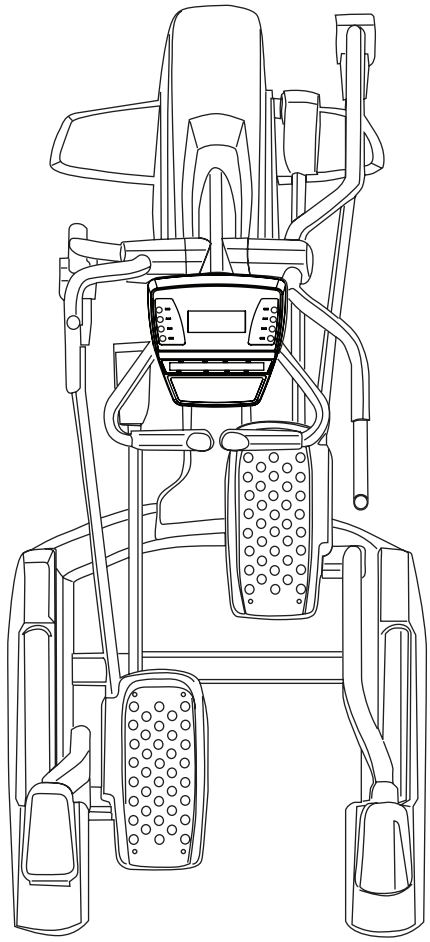
6.1 MX-A5x ASCENT TRAINER



6.2 MX-I5x INCLINE ELLIPTICAL

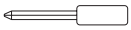
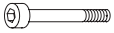
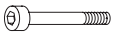


7.1 MX-A5x ASCENT TRAINER SPECIFICATIONS



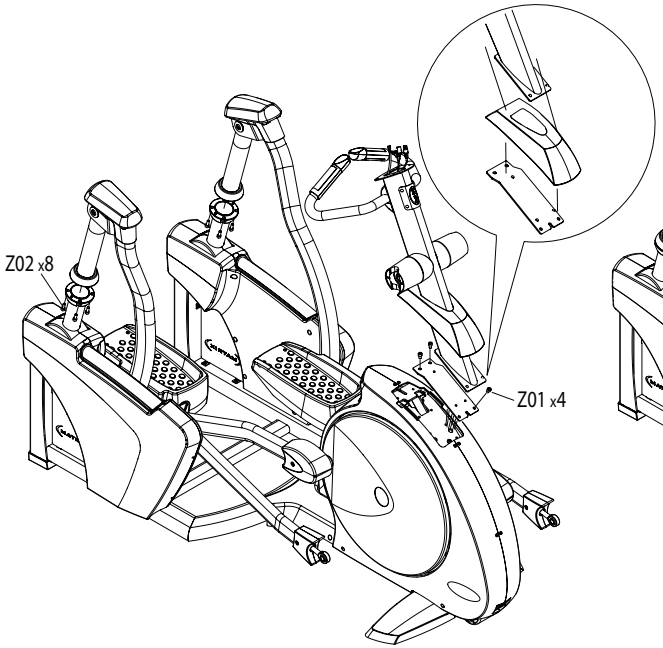
USER INTERFACE	
STRIDE LENGTH	21 - 24”
INCLINE RANGE	30˚
CONSTANT RATE OF ACCELERATION	YES
CONTACT HEART RATE SENSORS	YES
TELEMETRIC HEART RATE RECEIVER	YES
REPLACEABLE FOOTPEDAL INSERTS	YES
Q-FACTOR	3.75”
HANDLE BAR DESIGN	MUTLI-POSITION DUAL ACTION AND ERGO-BEND STATIONARY
RESISTANCE SYSTEM	
TECHNOLOGY	JID HYBRID ECB
POWER REQUIREMENTS	120v
MINIMUM WATTS	15
MAXIMUM WATTS	600
CONSOLE	
DISPLAY TYPE	LED
DISPLAY FEEDBACK	INCLINE, TIME, SPEED, DISTANCE, CALORIES, WATTS, LEVEL, HEARTRATE, RPM
PROGRAMS	HEART RATE, CONSTANT WATTS
RESISTANCE LEVELS	25
ELEVATION LEVELS	20
ONE-BUTTON QUICK START	YES
CSAFE	YES
PAUSE TIME	30 SECONDS
ON-THE-FLY PROGRAM CHANGE	YES
FULL COURSE SCREEN VIEW	YES
ENTERTAINMENT	FITCONNEXXION™ OPTION
TECHNICAL SPECIFICATIONS	
OVERALL DIMENSIONS	80”L x 34.5”W x 72”H
MAXIMUM USER WEIGHT	400 LBS
WEIGHT	390 LBS
SHIPPING WEIGHT	434 LBS
TRANSPORT WHEEL	YES

7.2 MX-A5x ASCENT TRAINER FASTENERS & ASSEMBLY TOOLS

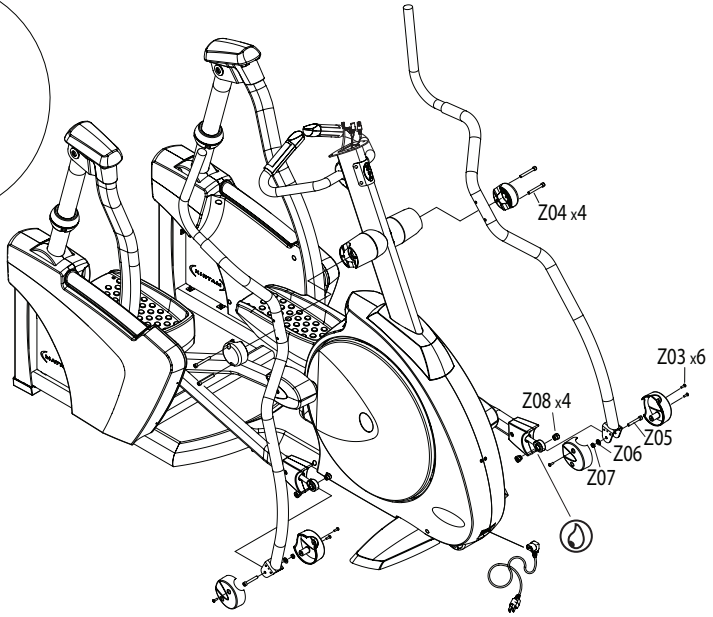
QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			6mm ALLEN WRENCH	
01			PHILLIPS DRIVER	
01			OPEN WRENCH (#13)	
04	Z01		HEX SOCKET HEAD CAP (M8 x 15L)	
08	Z02		HEX SOCKET HEAD CAP (M8 x 20L)	
06	Z03		CROSS TRUSS HEAD (M5 x 10L)	
04	Z04		HEX SOCKET HEAD CAP (M8 x 65L)	
02	Z05		HEX SOCKET HEAD CAP (M8 x 55L)	
02	Z06		FLAT WASHER (8.2 x 16.0 x 1.0)	
02	Z07		NYLON NUT (M8 x 1.25L)	
04	Z08		AXLE	
04	N51		CROSS TRUSS HEAD (M5 x 8L)	Included in console
02	B28		HEX SOCKET HEAD CAP (M8 x 30L)	

7.3 MX-A5x ASCENT TRAINER ASSEMBLY STEPS

STEP 1



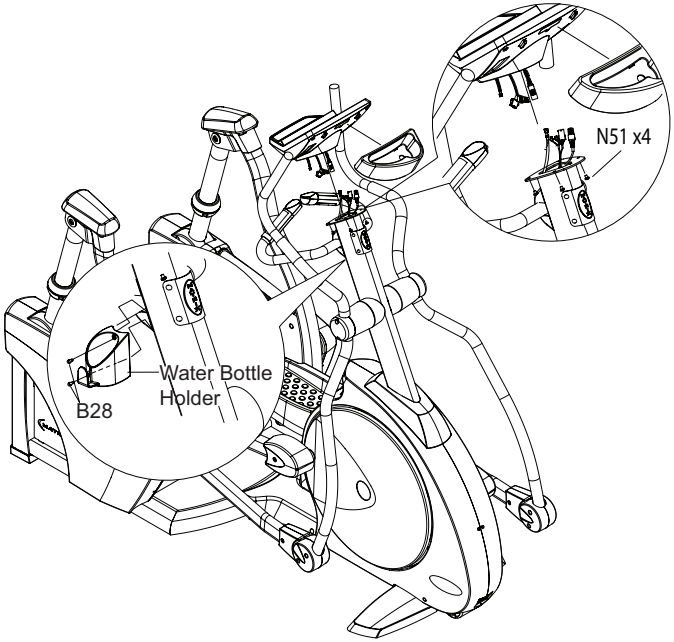
STEP 2



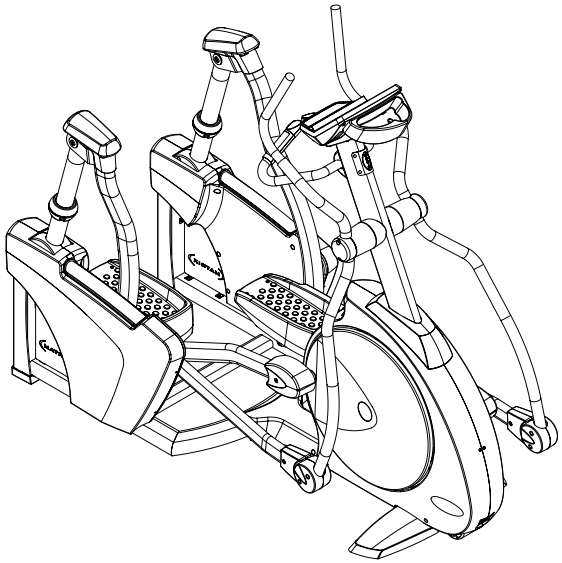
Lightly grease

7.2 MX-A5x ASCENT TRAINER ASSEMBLY STEPS

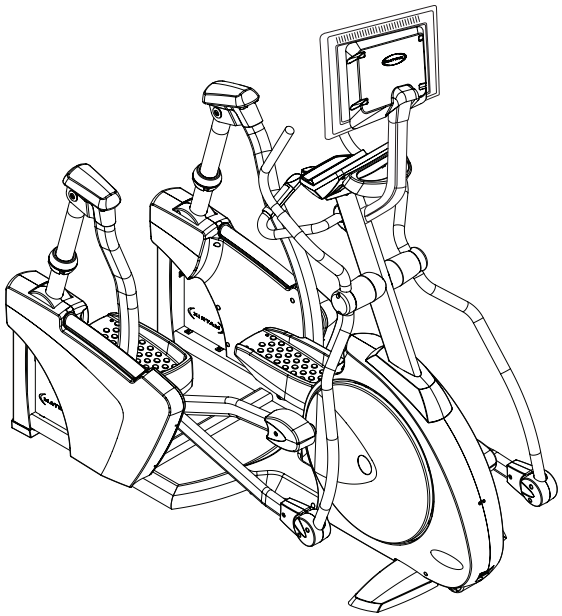
STEP 3



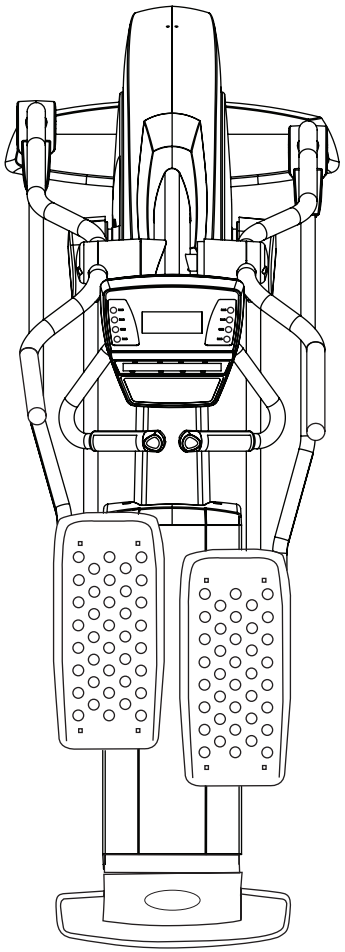
FINAL ASSEMBLY



7.4 MX-A5x OPTIONAL ENTERTAINMENT ACCESSORY

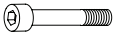


8.1 MX-I5x INCLINE ELLIPTICAL TRAINER SPECIFICATIONS



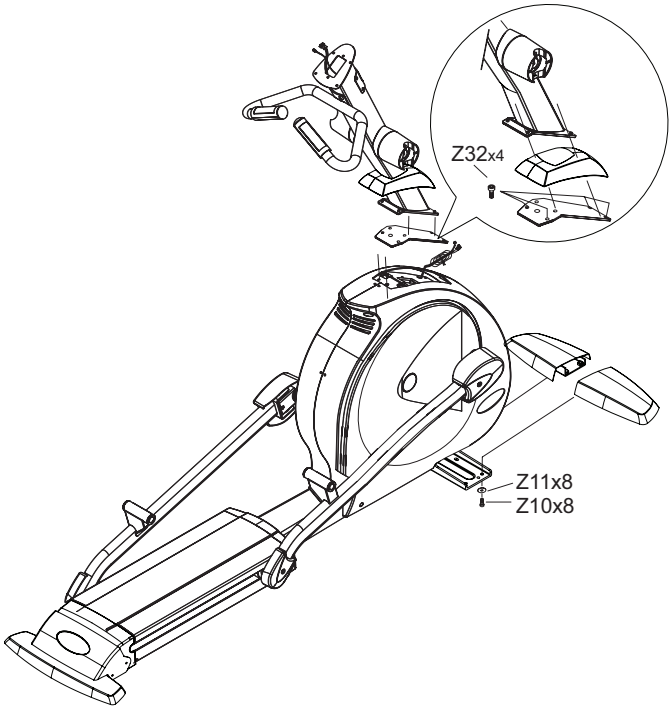
USER INTERFACE	
STRIDE LENGTH	21 - 23”
INCLINE RANGE	17˚
CONSTANT RATE OF ACCELERATION	YES
CONTACT HEART RATE SENSORS	YES
TELEMETRIC HEART RATE RECEIVER	YES
REPLACEABLE FOOTPEDAL INSERTS	YES
Q-FACTOR	3.75”
HANDLE BAR DESIGN	MUTLI-POSITION DUAL ACTION AND ERGO-BEND STATIONARY
RESISTANCE SYSTEM	
TECHNOLOGY	JID HYBRID ECB
POWER REQUIREMENTS	120v
MINIMUM WATTS	15
MAXIMUM WATTS	600
CONSOLE	
DISPLAY TYPE	LED
DISPLAY FEEDBACK	INCLINE, TIME, SPEED, DISTANCE, CALORIES, WATTS, LEVEL, HEARTRATE, RPM
PROGRAMS	HEART RATE, CONSTANT WATTS
RESISTANCE LEVELS	25
ELEVATION LEVELS	20
ONE-BUTTON QUICK START	YES
CSAFE	YES
PAUSE TIME	30 SECONDS
ON-THE-FLY PROGRAM CHANGE	YES
FULL COURSE SCREEN VIEW	YES
ENTERTAINMENT	FITCONNEXXION™ OPTION
TECHNICAL SPECIFICATIONS	
OVERALL DIMENSIONS	72”L x 29”W x 71”H
MAXIMUM USER WEIGHT	400 LBS
WEIGHT	350 LBS
SHIPPING WEIGHT	389LBS
TRANSPORT WHEEL	YES

8.2 MX-I5x INCLINE ELLIPTICAL TRAINER FASTENERS & ASSEMBLY TOOLS

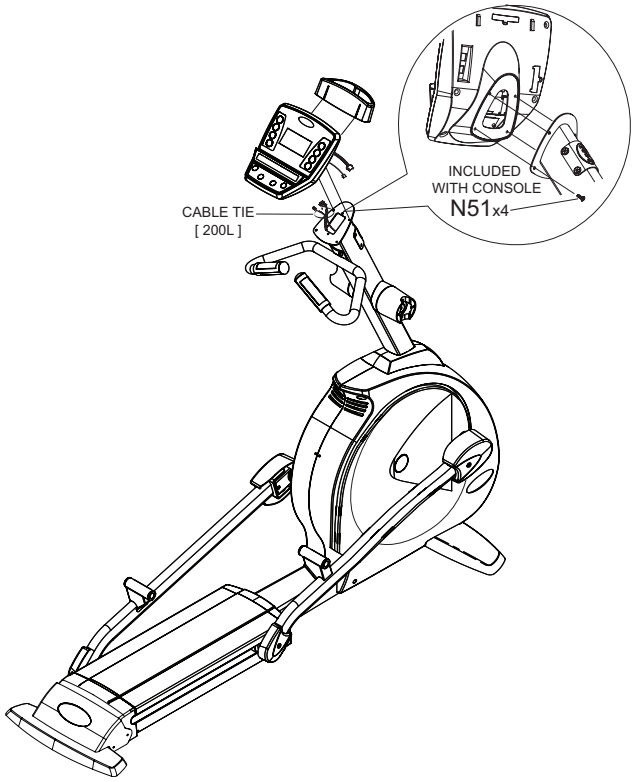
QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			ALLEN WRENCH [5mm x 120L]	
01			ALLEN WRENCH [55L, M3]	
01			ALLEN WRENCH [6mm x 120L, M8]	
01			OPEN WRENCH [13mm, M8]	
01			#2 PHILLIPS SCREW DRIVER [6 x 130L]	
04	N51		BUTTON HEAD MACHINE SCREW [M5 x 8L]	Included in console
04	Z02		WAVE WASHER [20.5 x 34 x 2]	
10	Z03		BUTTON HEAD MACHINE SCREW [M5 x 10L]	
04	Z04		SOCKET HEAD CAP SCREW [M8 x 65L]	
02	Z05		SOCKET HEAD CAP SCREW [M8 x 55L]	
02	Z06		WASHER [8.2 x 16 x 1.0]	
02	Z07		NYLON NUT [M8 x 1.25P]	
02	Z08		WAVE WASHER [26 x 35 x 0.3]	
06	Z32		SOCKET HEAD CAP SCREW [6 x 15L]	
08	Z11		SPRING WASHER [8.4 x 15.5 x 1.6]	
02	Z12		WASHER [25.5 x 38 x 1.0]	
02	Z13		WASHER [10.3 x 35 x 2.0]	
04	Z30		AXLE	
01	Z31		CABLE TIE [200L]	
08	Z10		SOCKET HEAD CAP SCREW [M8 x 20L]	
02	B28		SOCKET HEAD CAP SCREW [M8 x 30L]	

8.3 MX-I5x INCLINE TRAINER ASSEMBLY STEPS

STEP 1

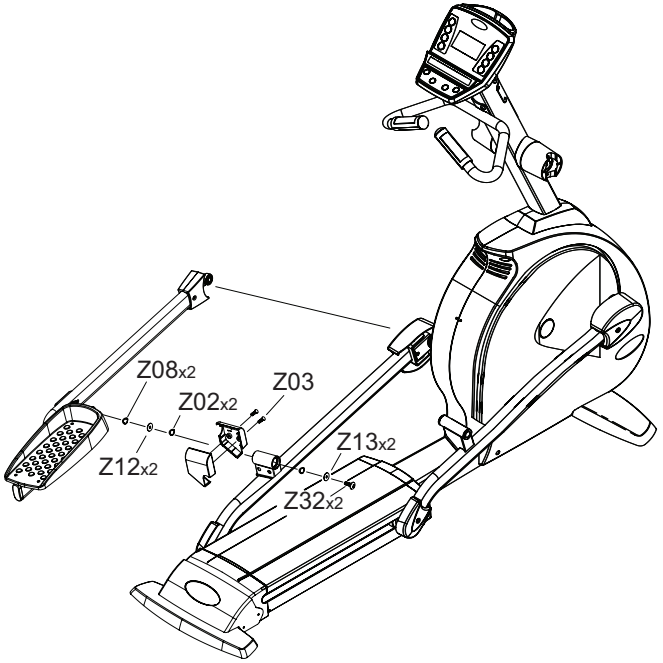


STEP 2

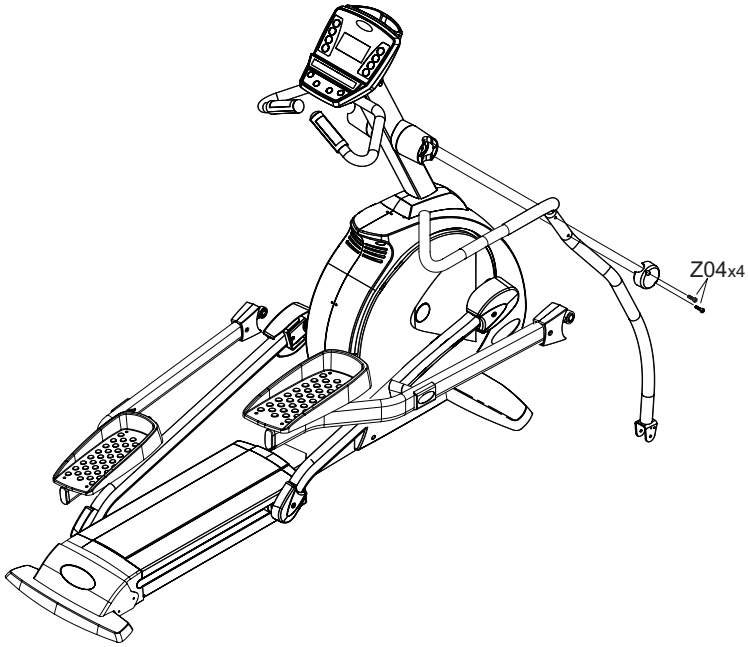


8.3 MX-I5x INCLINE TRAINER ASSEMBLY STEPS

STEP 3

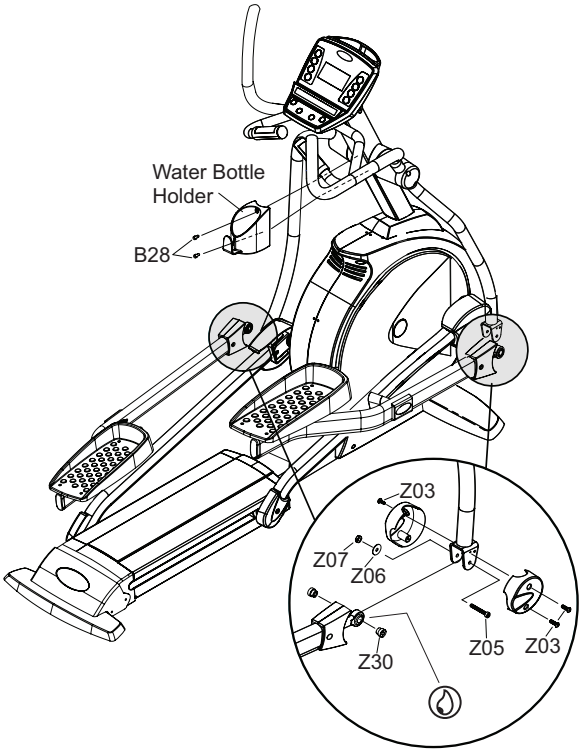


STEP 4



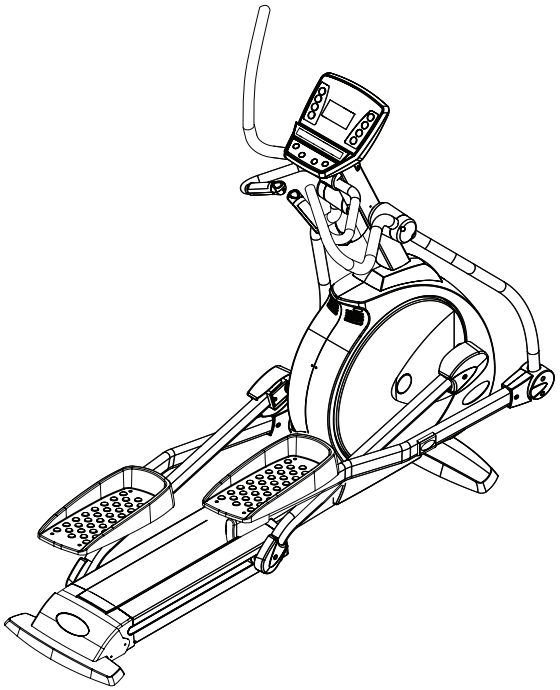
8.3 MX-I5x INCLINE TRAINER ASSEMBLY STEPS

STEP 5

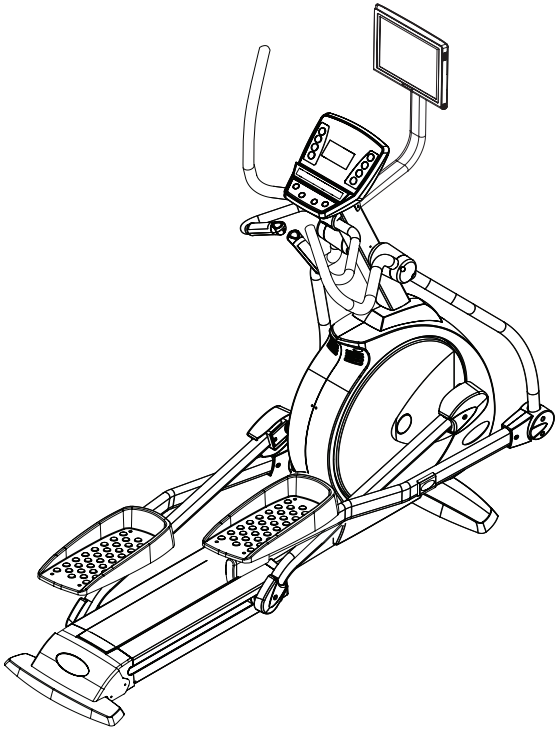


Lightly grease

FINAL ASSEMBLY



8.4 MX-I5x OPTIONAL ENTERTAINMENT ACCESSORY



NOTES:

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